

Annie Messages Can Help you Cope with Stress



If coping with stress is causing you concern, Annie may be able to help. Annie is VA's automated text messaging app that sends health information and reminders to Veterans. Any cellphone with texting capabilities can receive Annie messages.

Annie's **Stress Management** protocol messages can help you learn more about stress and how it affects you. Annie can send you encouragement and help you practice simple strategies to manage stress, including breathing exercises, tips to help take a break, information on setting boundaries, and mindfulness techniques.

How To Set Up Annie

Follow these steps to get started. If you already receive Annie messages for other protocols, skip to Step 6.



Step 1: Go to the website.
veteran.mobile.va.gov/annie-vet

Step 2: Log in.



Log in using your My Health eVet Premium, DS Logon Level 2, or ID.me account. Find out how to get a secure login account at mobile.va.gov/login-information.



Step 3: Consent to participate.
Read the consent information. Scroll to the end and select the consent box.



Step 4: Set up your Annie account.

Complete the fields under the **Information Messages, Preferences,** and **Patient Info** tabs. Select **Submit**, which will take you to a screen saying your registration was a success.



Step 5: Confirm participation.

You will receive a message from Annie asking you to confirm your participation. Reply to the message with the word **Start**.



Step 6: Subscribe.

To subscribe to the Stress Management protocol, text Annie (75338) the words **SUB STRESS**.



Taking charge of your health — one text at a time.

For detailed instructions, visit Annie online:

mobile.va.gov/annie

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